

## In the Claims

Please amend the claims as follows:

1. (Currently Amended) ~~A~~An exercise apparatus for use in performing abdominal exercises comprising:

a) a back support member having a first side for supporting a back of a user;  
b) a headrest having a first side for resting a head of a user thereagainst; ~~and~~  
c) means for supporting a neck and head of the user positioned between said back support member and said headrest, wherein when a user performs an abdominal exercise, said supporting means supports said headrest thereby preventing neck and cervical strain;  
and

d) a first extension connected between said supporting means and said back support member, said first extension comprises:

i) a guide track having a plurality of apertures extending therethrough along a length thereof positioned on a side of said back support opposite said first side;

ii) a first extension rail having a plurality of apertures extending therethrough and along a length thereof; and

iii) a first locking pin, wherein said first extension rail is received by said guide track, and upon extending said first extension out from a first end of said back support member, and aligning said apertures of said guide track and said first extension rail, said first locking pin is received through each of said aligned apertures thereby locking said first extension in place.

2. (Original) The apparatus as recited in claim 1, further comprising a cradle connected between said supporting means and said headrest for providing additional neck support and comfort to the user.

3. (Original) The apparatus as recited in claim 1, further comprising means for adjusting an amount of support provided by said supporting means, said adjusting means is connected to said supporting means.

4. (Original) The apparatus as recited in claim 1, wherein said supporting means is a tension spring.

5. (Canceled)

6. (Currently Amended) ~~The An exercise apparatus as recited in claim 1, further comprising for use in performing abdominal exercises comprising:~~

a) ~~a back support member having a first side for supporting a back of a user;~~  
b) ~~a headrest having a first side for resting a head of a user thereagainst;~~  
c) ~~means for supporting a neck and head of the user positioned between said back support member and said headrest, wherein when a user performs an abdominal exercise, said supporting means supports said headrest thereby preventing neck and cervical strain;~~  
and

d) a second extension connected between said supporting means and said headrest, said second extension comprises:

i) a U-shaped connection bracket positioned on a side of said headrest opposite said first side, said connection bracket having an aperture extending through each wall of said U-shaped bracket;

ii) a second extension rail having a plurality of apertures extending therethrough and along a length thereof; and

iii) a second locking pin, wherein said connection bracket is slidably connected to said second extension rail is received by said guide track, and upon positioning said headrest at a desired distance from said supporting means and aligning said apertures of connecting bracket and said second extension rail, said locking pin is

received through each of said aligned apertures thereby locking said second extension in place.

7. (Original) The apparatus as recited in claim 6, wherein said head rest is pivotable about said second locking pin.

8. (Original) The apparatus as recited in claim 2, further comprising a second extension connected between said cradle and said headrest, said second extension comprises:

a) a U-shaped connection bracket positioned on a side of said headrest opposite said first side, said connection bracket having an aperture extending through each wall of said U-shaped bracket;

b) a second extension rail having a plurality of apertures extending therethrough and along a length thereof; and

c) a second locking pin, wherein said connection bracket is slidably connected to said second extension rail is received by said guide track, and upon positioning said headrest at a desired distance from said supporting means and aligning said apertures of connecting bracket and said second extension rail, said locking pin is received through each of said aligned apertures thereby locking said second extension in place.

9. (Currently Amended) The apparatus as recited in claim ~~10~~ 2, wherein said cradle further comprises a recess for receiving an end of said second extension rail opposite said head rest and a securing pin, wherein said end is secured within said recess by said securing pin.

10. (Original) The apparatus as recited in claim 9, wherein said second extension rail can be secured to said cradle by said securing pin in a first central position wherein said headrest forms a right angle with a surface on which said apparatus is resting.

11. (Original) The apparatus as recited in claim 9, wherein said second extension rail can be secured to said cradle by said securing in a second forward position wherein said headrest forms an acute angle with a surface on which said apparatus is resting.

12. (Original) The apparatus as recited in claim 9, wherein said second extension rail can be secured to said cradle by said securing in a third semi-prone position wherein said headrest forms an obtuse angle with a surface on which said apparatus is resting.

13. (Original) The apparatus as recited in claim 1, further comprising at least one gripping handle pivotably connected to said back support member for providing stability during abdominal exercises.

14. (Original) The apparatus as recited in claim 1, further comprising a plurality of support legs positioned on a side of said back support member opposite said first side.

15. (Original) The apparatus are recited in claim 14, wherein each of said plurality of support legs extends telescopically from said side opposite said first side.